



HEALTH AWARENESS

Quitting Smoking: When Patients And Doctors Work Together

(NAPSA)—Any smoker who has tried to quit knows how hard it is—but what many smokers do not know is that a health care provider can be their most important ally in understanding the risks of smoking and creating an effective quit plan.

To gauge whether smokers and their health care providers are communicating with each other effectively, the American Legacy Foundation® conducted a national survey of more than 1,000 current smokers.

The survey found that more than one in five smokers (21 percent) never talked to a health care provider (a doctor, nurse, nurse practitioner or physician assistant) about his or her smoking.

Talking to your health care provider can be an important part of preparing to quit smoking. Letting them get a quick picture of your general health before your quit date is a good idea. Additionally, health care providers can answer many questions you have about medications to help you quit smoking. If you're worried about what to say to your doctor or simply don't know what to ask, here are a few examples of what to ask at your next appointment:

1. I have been smoking for so many years. Will I really see any benefits if I quit now?

2. I've tried quitting before, but it has been difficult and I started smoking again. What can I do to help me this time?

3. What are the withdrawal symptoms like? What can I do to deal with them? How long will they last?

4. I feel like I should quit on my own but am wondering about medicines. How could a medicine



Tobacco use is the leading preventable cause of disease and premature death in the U.S. Your health care provider may be able to help you quit.

(over-the-counter or prescription) help me stop smoking?

Be sure to tell your health care provider about any medications you are taking. For more information and to download more questions and a complete guide to help you talk to your health care provider, visit www.BecomeAnEx.org.

About The Survey

This survey was conducted online within the United States by Harris Interactive on behalf of the American Legacy Foundation between November 13 and December 12, 2008, among 1,012 U.S. adults ages 18+ who smoke cigarettes at least occasionally. This sample is the national portion of a larger survey conducted among 2,037 adults ages 18+ who smoke cigarettes at least occasionally, which also included samples of 345 adults in Baltimore, 341 adults in St. Louis and 339 adults in New Orleans. No estimates of theoretical sampling error can be calculated; a full methodology is available.

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